



# MIAMI SPRINGS ADULT COMMUNITY CENTER

101 Apache Street, Miami Springs, Florida 33166



## September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Call us for more information  (305) 805-5160	<sup>1</sup> Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*	<sup>2</sup> Lunch 11AM-2PM Tai Chi 11:30AM Monthly Book Club 1PM-2:30PM Open Gym*	<sup>3</sup> Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*
<sup>6</sup> Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*	<sup>7</sup> Chair Yoga 9:30AM Only "Happy Knitting" 10am-11am Lunch 11AM-2PM Tai Chi 11:30AM PINK PARTY THRIVER GROUP 1PM-2PM Open Gym*	<sup>8</sup> Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*	<sup>9</sup> Bingo 10AM-11AM Lunch 11AM-2PM Tai Chi 11:30AM Open Gym*	<sup>10</sup> Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*
<sup>13</sup> Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*	<sup>14</sup> Chair Yoga 9:30AM Only "Happy Knitting" 10am-11am Lunch 11AM-2PM Tai Chi 11:30AM Open Gym*	<sup>15</sup> Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*	<sup>16</sup> Lunch 11AM-2PM Tai Chi 11:30AM Open Gym*	<sup>17</sup> Chair Yoga 9:30am & 11am Lunch 11AM-2PM September Birthday & Anniversary Celebration 12pm Open Gym*
<sup>20</sup> Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*	<sup>21</sup> Chair Yoga 9:30AM Only "Happy Knitting" 10am-11am Lunch 11AM-2PM Tai Chi 11:30AM PINK PARTY THRIVER GROUP 1PM-2PM Open Gym*	<sup>22</sup> Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*	<sup>23</sup> Bingo 10AM-11AM Lunch 11AM-2PM Tai Chi 1:30AM Music Hour 12PM-1PM  Open Gym*	<sup>24</sup> Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*
<sup>27</sup> Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*	<sup>28</sup> Chair Yoga 9:30AM Only "Happy Knitting" 10am-11am Lunch 11AM-2PM Tai Chi 11:30AM Open Gym*	<sup>29</sup> Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*	<sup>30</sup> Lunch 11AM-2PM Tai Chi 11:30AM Open Gym*	*Open Gym Hours Mon-Thurs. 8AM-8:50AM & 2:30-4:30PM Fridays 9AM-4PM

# MIAMI SPRINGS ADULT COMMUNITY CENTER

## **SERVICES and ACTIVITIES**

Residents of Miami Springs and Virginia Gardens, age 55+ are eligible to become members of the Miami Springs Adult Community Center by filling out a few simple forms. Members participate (at no cost) in a variety of services and activities offered at our new state of the art facility.

### **CONGREGATE MEALS:**

Hot lunch meals are served weekdays from 11:00 a.m.--2:00 p.m. for members age 60+ to assist in maintaining a nutritionally balanced diet and to provide opportunities to engage and socialize with peers.

*\*Guests under 60 years of age are able to enjoy a meal for \$4.83 per meal.*

### ➤ **HEALTH SUPPORT ACTIVITIES:**

*Must be registered with the Miami Springs Adult Community Center to participate in the following:*

- **CHAIR YOGA**

(Instructor: Vanessa Duenas)  
Mondays, Tuesdays, Wednesdays,  
Fridays: 9:30am-10:30am.  
Mondays, Wednesdays, Fridays:  
11:00am-12:pm

*\*Located in the Betty Bray Fitness Room*

- **TAI CHI**

(Instructor: Judd Zisquit)  
Tuesdays and Thursdays:  
11:30am—12:30 p.m.

*\*Located in the Betty Bray Fitness Room*

- **GYM TRAINING**

(Instructor: Liliana Silva)  
*Gym Training classes fill up quickly so advance registration is required!*

**Monday- Thursday:**

**9:00am - 9:50am**

*Group Training Advanced*

**10:30am – 11:20am**

*Group Training Intermediate*

**12:00pm – 12:50pm**

*Group Chair Beginning*

**1:30pm – 2:20pm**

*Free Style All Levels*

- **OPEN GYM**

(No Instructor)  
Monday-Thursday:  
8:00AM-8:50AM &  
2:30PM-4:30PM  
Friday: 9am-4pm



### **TRANSPORTATION:**

Daily pick up and drop off utilizing the center's 18 passenger bus, is provided to members upon request.

## **SPECIAL GROUPS**

- **HAPPY KNITTING** every Tuesday from 10am to 11am.

- **Pink Party**

**Survivor & Thriver Group on Tuesday, September 7 & 21, 1PM-2PM**

### **Personal Care Closet**

The Miami Springs Adult Community Center operates a Personal Care Closet for resident 55+ with items like incontinence supplies, shampoo, conditioner, body wash, lotion, toothpaste, toothbrushes, feminine products, first aid supplies, flushable wipes, etc. Items are available free of charge for those who need it.

*Please see any office staff if you'd like to visit our Personal Care Closet.*

Donations of the above items are always welcome!  
Thank you!

### **Loan Closet**



The Miami Springs Adult Community Center operates a Loan Closet from which people can borrow durable wheelchairs, walkers, canes, etc. The Lending Closet is particularly useful for older adults who are recovering at home after surgery or illness. Items can be borrowed for a period of three months. Extended borrowing periods can sometimes be accommodated, if our inventory permits. This is a free service to our community however appointments must be made to borrow, return or donate equipment.

*For more information or to make an appointment, please call our Administrative Offices at (305)805-5160.*

For more information on any of the services, activities, or special programs offered please contact us at (305) 805-5160.

**happy birthday**

**HAPPY Anniversary!**

Celebrating

ALL September

Birthdays & Anniversaries

**Friday, September 17th, 2021**

*Thank you to this month's sponsor,*

*Charlie Leonard*

**The Leonard Real Estate Group**



Thursday,

September 9, 2021

10am-11am

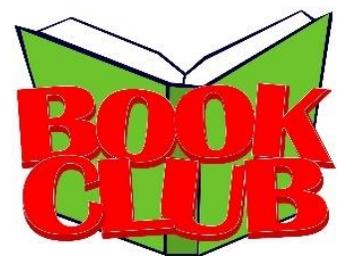
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Thursday,

September 23rd, 2021

10am-11am

Located in the Rebeca Sosa Dining Room



*This month's book:*

**Little Fires Everywhere**

*Author: Celeste Ng*

Thursday,

September 2nd, 2021

1pm-2:30pm

in the Bryan Avila Room